

Hey Karen

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Wolfgang Niederwippen - February 2010
音樂: Hey Karen - Black Hills Country Band



Monterey 1/4 turn 2x

1-2 right toe touch right side - 1/4 turn right and close right foot beside left
3-4 left toe touch left side – close left foot beside right
5-8 like 1-4

Back, hold r + l, back, side rock, close

1-2 right foot step back - hold
3-4 left foot step back - hold
5-6 right foot step back – left Foot step to left side
7-8 recover Weight on right foot - left foot close beside right

Slow coaster step, hold, step, lock, step, hold

1-2 right foot step back – left foot close beside right
3-4 right foot step forward - hold
5-6 left foot step forward – right foot cross behind left
7-8 left foot step forward - hold

Side, touch, 1/4 turn l & side, touch, side, touch, 1/4 turn l & side, hold

1-2 right foot step right side – left toe touch beside right
3-4 1/4 turn left, left foot step left side – right toe touch beside left
5-6 right foot step right side – left touch beside right
7-8 1/4 turn left, left foot step left side - hold

Behind, hold, 1/4 turn l, hold, step, pivot 1/2 l, step, hold

1-2 right foot cross behind left - hold
3-4 1/4 turn left, left foot step forward - hold
5-6 right foot step forward - 1/2 turn left, weight on left
7-8 right foot step forward – hold

Side, touch, 1/4 turn r & side, touch, side, touch, 1/4 turn r & side, hold

1-2 left foot step left side – right toe touch beside left
3-4 1/4 turn right, right foot step right side – left toe touch beside right
5-6 left foot step left side – right touch beside left
7-8 1/4 turn right, right foot step right side - hold

Behind, hold, 1/4 turn r, hold, step, pivot 1/2 r, step, hold

1-2 left foot cross behind right - hold
3-4 1/4 turn right, right foot step forward - hold
5-6 left foot step forward - 1/2 turn right, weight on right
7-8 left foot step forward – hold

Side, touch, side, behind, side, cross / 1/4 turn l, touch

1-2 right foot step right side – left touch beside right
3-4 left foot step left side – right foot cross behind left
5-6 left foot step left side – right foot cross over left
7-8 1/4 turn left, left foot step forward – right toe touch beside left

Ending

1-2

1/4 turn right, right foot step right side - hold

3-5

left foot step left side - hold – right touch beside left
